



FREE Diabetes Self-Management

- ❖ Has your doctor told you that you have diabetes and you feel overwhelmed?
- ❖ Learn how you can still enjoy your favorite food and clear up confusion about food choices and label reading.
- ❖ Learn correct monitoring techniques and glucose targets.
- ❖ Have your questions answered about traveling and exercising when you have diabetes.
- ❖ Learn how your diabetes medications work.

SNACKS WILL BE PROVIDED FOR EACH SESSION!

Join Registered Dietitian and Certified Diabetes Educator, Paula Leibovitz, for a seven-week series that will focus on managing your diabetes and eating well while following diabetic guidelines. All of the above topics ...and much more will be covered!
These classes are interactive, so bring your questions!

When: **Monday, November 2, 9, 16, 23, 30 December 7, 14**
Time: **10:30 am- 12:30 pm**
Where: **Prosser Public Library, One Tunxis Avenue, Bloomfield**

These workshops are FREE and open to all.....
But pre-registration is required!



**For more information or to sign up, please call the
West Hartford-Bloomfield Health District
860-561-7900, extension 0**

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West Hartford-Bloomfield Health District**

